

**Creating Active Environments Workshop**  
**Monday, October 3, 2005**  
**100 Constellation – Lotus Room**  
**9:00 am – 4:00 pm**

- 9:00**            **Welcome and Introductions**
- 9:10**            **Active Environments: Lay of the Land**  
**Karen Bays**
- 9:35**            **Barriers: Why is it not happening?**
- 10:00**           **BREAK and Special Tour**
- 10:30**           **Canada Mortgage and Housing Corporation**  
**Presentations by Susan Fisher and Fanis Grammen**
- 11:30**           **Pathways and Trails in Ottawa**  
**Mary Pat Arnett, Joan Grant and Alan Cameron**
- Lunch and an Adventure***  
**Shelly Brown and Karen Bays**
- 1:30**            **Other Stories from Other Communities**  
**Kim Bergeron, Shelly Brown, and Anne MacPhail**
- 2:15**            **Resources**  
**Karen Bays**
- 2:30**            **BREAK**
- 2:45**            **Finding Solutions**
- 3:30**            **Where There's a Will There's a Way**
- 3:45**            **Evaluation/Wrap Up**

**Hosted by Ottawa Heart Beat**

**Coordinated by Members of Eastern Region  
Heart Health Network**

**Sponsored by the Heart Health Resource Centre**

